## CLAIMS:

- 1. A head suspension assembly, comprising:
  - a beam component having a front end and a rear end;
  - a hinge component near the rear end of the beam component for connecting to an actuation means; and
  - a gimbal component near the front end of the main beam section for carrying a transducing head;
  - wherein at least one of the hinge component and the gimbal component is made from a first structural damping material having high stiffness and high damping capacity.
- 2. The head suspension assembly of claim 1, wherein the hinge component is made from the first structural damping material, and the gimbal is made from a second structural damping material having high stiffness and high damping capacity.
- 3. The head suspension assembly of claim 2, wherein the first structural damping material and the second structural damping material are substantially identical in composition.
- 4. The head suspension assembly of claim 1, wherein the first structural damping material is springy.
- 5. The head suspension assembly of claim 1, wherein the hinge component applies a preload on the transducing head through the beam component.

- 6. The head suspension assembly of claim 1, wherein the entire hinge component is substantially made from the first structural damping material only.
- 7. The head suspension assembly of claim 1, wherein the entire gimbal component is substantially made from the first structural damping material only.
- 8. The head suspension assembly of claim 1, wherein the hinge component has no external structural damping material attached thereto.
- 9. The head suspension assembly of claim 1, wherein the structural damping material has a modulus of elasticity greater than 30 gigapascals (4.35  $\times 10^5$  psi), and a damping capacity  $\zeta$  (Zeta) greater than 0.02.
- 10. The head suspension assembly of claim 1, wherein the structural damping material has a modulus of elasticity greater than 50 gigapascals (7.25  $\times 10^6$  psi), and a damping capacity  $\zeta$  (Zeta) greater than 0.05.
- 11. The head suspension assembly of claim 1, wherein the structural damping material is an alloy.
- 12. The head suspension assembly of claim 1, wherein the structural damping material is a laminate comprising a stainless steel layer and a damping material layer.
- 13. The head suspension assembly of claim 1, wherein the at least one of the hinge component and the gimbal component is separately made and attached to the beam component.

- 14. The head suspension assembly of claim 13, wherein the at least one of the hinge component and the gimbal component is attached to the beam component through an adhesive.
- The head suspension assembly of claim 13, wherein the at least one of the hinge component and the gimbal component is attached to the beam component by welding.
- 16. A head suspension assembly, comprising:
  - a beam component having a front end and a rear end;
  - a hinge component for connecting to an actuation means, wherein the hinge component comprises a first structural damping material having high stiffness and high damping capacity, and the hinge component is separately made and attached to the rear end of the beam component; and
  - a gimbal component near the front end of the beam component for connecting to a slider assembly carrying a transducer.
- 17. The head suspension assembly of claim 16, wherein the hinge component is substantially made from the first structural damping material only.
- 18. The head suspension assembly of claim 16, wherein the first structural damping material is an alloy.
- 19. The head suspension assembly of claim 16, wherein the gimbal component comprises a second structural damping material having high stiffness and high damping capacity.

- 20. The head suspension assembly of claim 19, wherein the first structural damping material and the second structural damping material are substantially identical in composition.
- 21. A method for fabricating a vibration resistant head suspension assembly, the method comprising:

fabricating a beam component using a first material having high stiffness;

fabricating an end component using a second material having high stiffness and high damping capacity; and

attaching the end component to the beam component such that the end component and the beam component are movable together by an actuation means.

- 22. The method of claim 21, wherein the end component comprises a hinge portion attached to a rear end of the beam component, the end component connecting to the actuation means.
- 23. The method of claim 21, wherein the end component comprises a gimbal assembly attached to a front end of the beam component, the gimbal assembly connecting to a slider assembly.
- 24. The method of claim 21, wherein the second material is an alloy.
- 25. The method of claim 21, wherein the first material is a stainless steel.